




Winning Game Plan

-  Full Night of Sleep
-  Smart Training Routine
-  Diet Rich in Nutrients



MOVE OUT WITH THE PERFORMANCE TRIAD

Sleep, Activity, and Nutrition



LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**,
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME

